



ET4000

MAGNETIC ELLIPTICAL EXERCISE TRAINER ET4000



OWNER'S MANUAL

KEYS FITNESS PRODUCTS, L.P.

P.O. BOX 551239

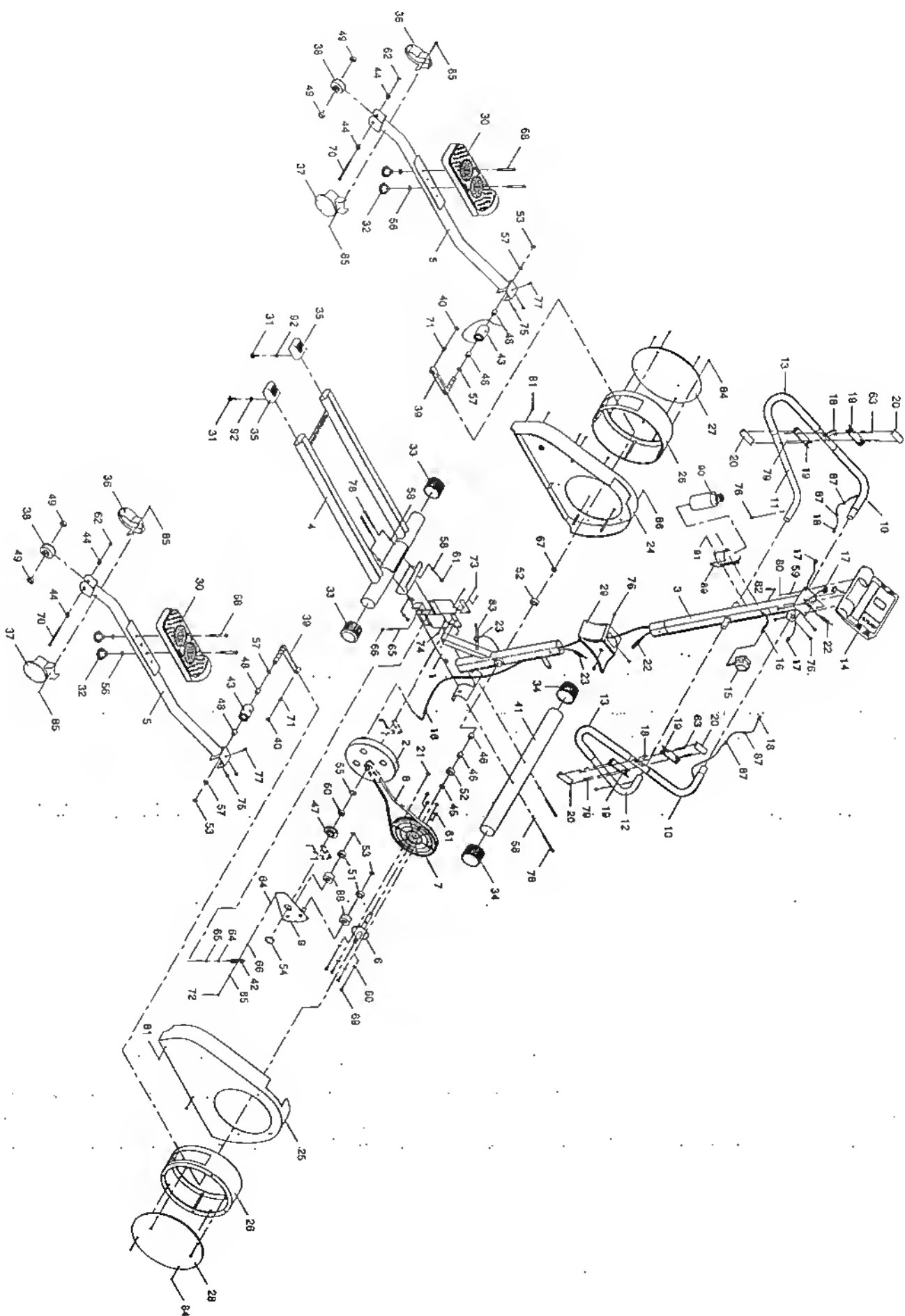
Dallas, Texas 75355

QUESTIONS?

DO NOT RETURN this product to the store
where purchased CALL OUR TOLL FREE
KEYS FITNESS HELPLINE FOR SERVICE
1-888-340-0482

CAUTION !





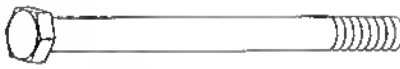


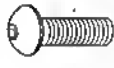






Please read the precautions and instructions in
this manual before using this equipment.
Please save this manual for
future reference.



PART LIST

No.	DESCRIPTION	QNTY	No.	DESCRIPTION	QNTY
1	MAIN FRAME	1 PC	46	O-RING, $\phi 24 \times 18$	2 PCS
2	MAGNETIC SYSTEM	1 PC	47	PUSHING CAP	1 PC
3	COMPUTER POST	1 PC	48	NEEDLE BEARING HK2020	4 PCS
4	TRACK	1 PC	49	BALL BEARING 6201ZZ	4 PCS
5	PEDAL FOOT	1 SET	50	BALL BEARING 6202ZZ	1 PC
6	SHAFT	1 PC	51	ROUND BALL BEARING 6204 ZZ	2 PCS
7	BELT WHEEL	1 PC	52	ROUND BALL BEARING 6004 ZZ	2 PCS
8	BELT	1 PC	53	C - CLIP, S-20	4 PCS
9	DANCING WHEEL PLATE STSTEM	1 PC	54	C- CLIP, S-40	1 PC
10	FORM GRIP	2 PCS	55	C- CLIP, R-35	1 PC
11	LEFT HANDLEBAR	1 PC	56	FLAT WASHER, 3/8"	4 PCS
12	RIGHT HANDLEBAR	1 PC	57	FLAT WASHER, $\phi 30 \times \phi 20.2 \times 1.5t$	4 PCS
13	FORM GRIP	2 PCS	58	FLAT WASHER, M8	6 PCS
14	COMPUTER	1 PC	59	SPRING WASHER, M5	4 PCS
15	TENSION CONTROLLER	1 PC	60	SPRING WASHER, M8	4 PCS
16	SENSOR WIRE FOR TENSION CONTROLLER	1 PC	61	NYLON NUT, M8	6 PCS
17	PULSE SENSOR WIER (UPPER)	1 PC	62	NYLON NUT, M12	2 PCS
18	PULSE SENSOR WIER (LOWER)	2 PCS	63	HEXAGONAL HEAD NUT, M3	4 PCS
19	HAND PULSE	4 PCS	64	HEXAGONAL HEAD NUT, M6	2 PCS
20	PULSE SENSOR SHEET	4 PCS	65	FLAT WASHER, M6	3 PCS
21	SENSOR MAGNETIC	1 PC	66	NYLON NUT, M6	2 PCS
22	COMPUTER CABLE WIRE	1 PC	67	LOCKING NUT, M20	1 PC
23	SENSOR	1 PC	68	HEXAGONAL BOLT, 3/8"-16 \times 3 3/4"	4 PCS
24	LEFT CHAIN COVER	1 PC	69	HEXAGONAL BOLT, M8 \times 20	4 PCS
25	RIGHT CHAIN COVER	1 PC	70	HEXAGONAL BOLT, M12 \times 70	2 PCS
26	ROUND OF PLASTIC COVER	2 PCS	71	HEXAGONAL BOLT, M8 \times 20	2 PCS
27	490 ACRYLIC PLASTIC SHEET(L)	1 PC	72	HEXAGONAL HEAD BOLT, M6 \times 25	1 PC
28	491 ACRYLIC PLASTIC SHEET (R)	1 PC	73	HEXAGONAL HEAD BOLT, M5 \times 12	3 PCS
29	PLASTIC COVER	1 PC	74	HEAD BOLT, M5 \times 10	3 PCS
30	PEDAL	2 PCS	75	ALLEN KEY BOLT, M8 \times 12	4 PCS
31	ADJUSTMENT BRACKET, 3/8"	2 PCS	76	ALLEN KEY BOLT, M8 \times 16	7 PCS
32	KNOB SCREW, 3/8"	4 PCS	77	ALLEN KEY BOLT, M8 \times 20	2 PCS
33	TRANSPORTATION ROLLER	2 PCS	78	ALLEN KEY BOLT, M8 \times 95	4 PCS
34	FOOT CAP	2 PCS	79	HALF- ROUND BOLT, M3 \times 30	4 PCS
35	HEIGHT ADJUSTMENT CAP	2 PCS	80	HALF- ROUND BOLT, M5 \times 10	4 PCS
36	PLASTIC COVER FOR TRANSPORTATION ROLLER (L)	2 PCS	81	MUSHROOM BOLT, M5 \times 8	6 PCS
37	PLASTIC COVER FOR TRANSPORTATION ROLLER (R)	2 PCS	82	MUSHROOM BOLT, M5 \times 30	1 PC
38	ROLLER	2 PCS	83	MUSHROOM SELF BOLT, M3 \times 8	2 PCS
39	CRANK	2 PCS	84	MUSHROOM SELF BOLT, M4 \times 12	8 PCS
40	CRANK COVER	2 PCS	85	MUSHROOM SELF BOLT, M4 \times 19	4 PCS
41	FRONT FOOT	1 PC	86	MUSHROOM SELF BOLT, M5 \times 15	5 PCS
42	DANCING ANGLE PLATE FIXTURE	1 PC	87	1/2 CAP	4 PCS
43	FIXTURE TUBE	2 PCS	88	DANCING1 WHEEL	2 PCS
44	12 PUSHING	4 PCS	89	BOTTLE HOLDER	1 PC
45	O- RING, $\phi 24 \times 7.2$	1 PC	90	PLASTIC BOTTLE	1 PC
			91	MUSHROOM BOLT, M5 \times 20	2 PCS
			92	MUSHROOM NUT, 3/8"	2 PCS

HARDWARE PACKING LIST

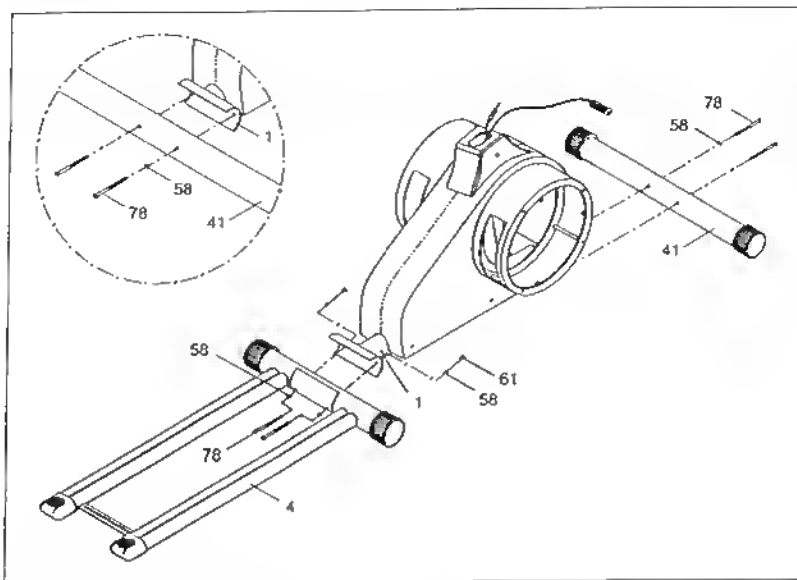
	(56) FLAT WASHER	3/8" * 4 pcs
	(58) FLAT WASHER	M8 * 6 pcs
	(59) SPRING WASHER	M5 * 4 pcs
	(61) NYLON NUT	M8 * 2 pcs
	(68) HEXAGONAL BOLT	3/8"-16 * 3 3/4"mm * 4 pcs
	(75) ALLEN KEY BOLT	M8 * 12mm * 4 pcs
	(76) ALLEN KEY BOLT	M8 * 16mm * 7 pcs
	(77) ALLEN KEY BOLT	M8 * 20mm * 2 pcs
	(78) ALLEN KEY BOLT	M8 * 95mm * 4 pcs
	(80) HALF ROUND BOLT	M5 * 10mm * 4 pcs
	(82) MUSHROOM BOLT	M5 * 30mm * 1 pc
	(84) MUSHROOM SELF BOLT	M4 * 12mm * 8 pcs
	(85) MUSHROOM SELF BOLT	M4 * 19mm * 4 pcs
	(91) MUSHROOM BOLT	M5 * 20mm * 2 pcs

NOTE :

1. Above described parts are all the parts you need to assemble this machine. Before you start to assemble, please check the hardware packing to make sure they are included.

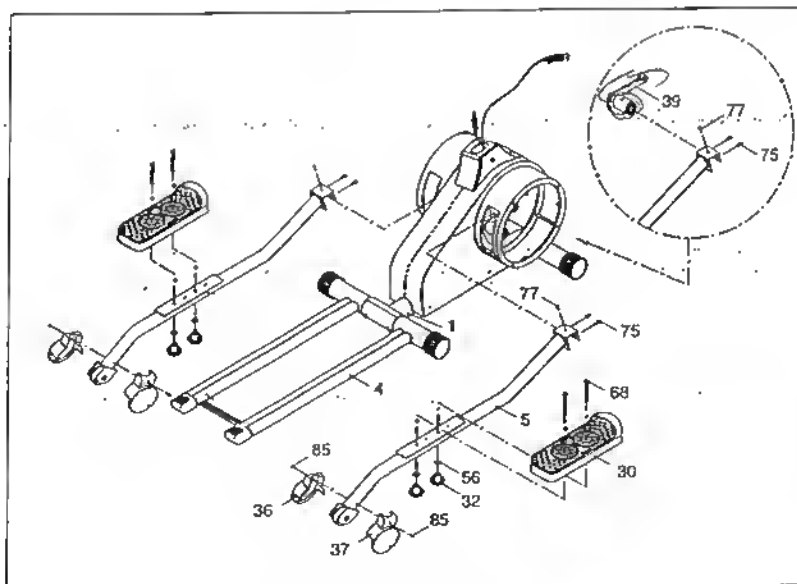
ASSEMBLY INSTRUCTION

Place the shipping carton in a clear area. Tear down the sides of the carton and remove all packing materials. Do not dispose of the packing materials until assembly is completed !



STEP 1

Attach the Main Frame (1) and Track (4) Using Allen Key Bolt (78), Nylon Nut (61) And Arc Washer (58) Insert the Allen key (78) with Arc Washer (58) to the Front Foot (41).



STEP 2

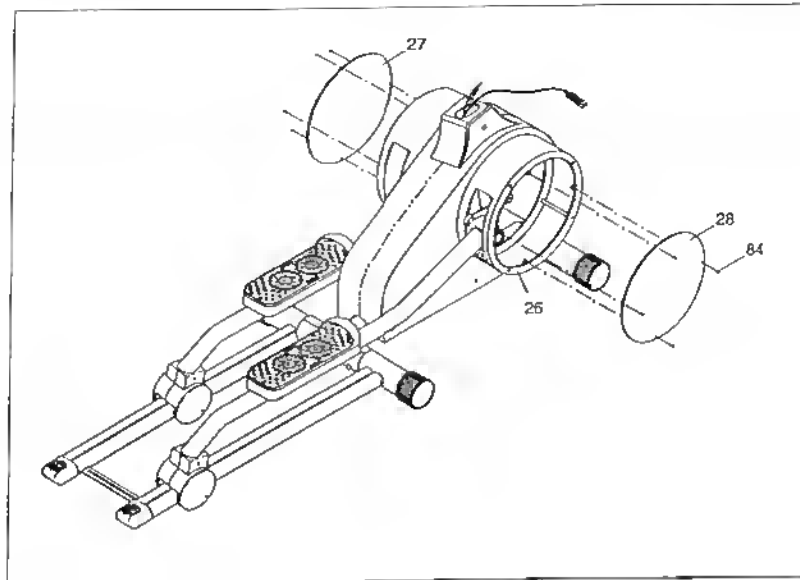
Connect the Pedal (30) with Hexagonal Bolt (68) , Knob Screw (32) and Flat Washer (56) onto the Pedal Foot (5) Tighten Firmly.

Connect the Plastic Cover for Transportation Roller (L) (36) with the Plastic Cover for Transportation Roller (R)(37), using the Mushroom Self Bolt (85) onto the Pedal Foot (5). Tighten Firmly.

NOTE : The Mushroom Self Bolt (85) is locked onto Pedal Foot (5). Please take out the Mushroom Self bolt (85) from Pedal Foot (5) before you connect the Plastic Cover for Transportation Roller (L) (36) with the Plastic Cover for Transportation Roller (R)(37), using the Mushroom Self Bolt (85) onto the Pedal Foot (5).

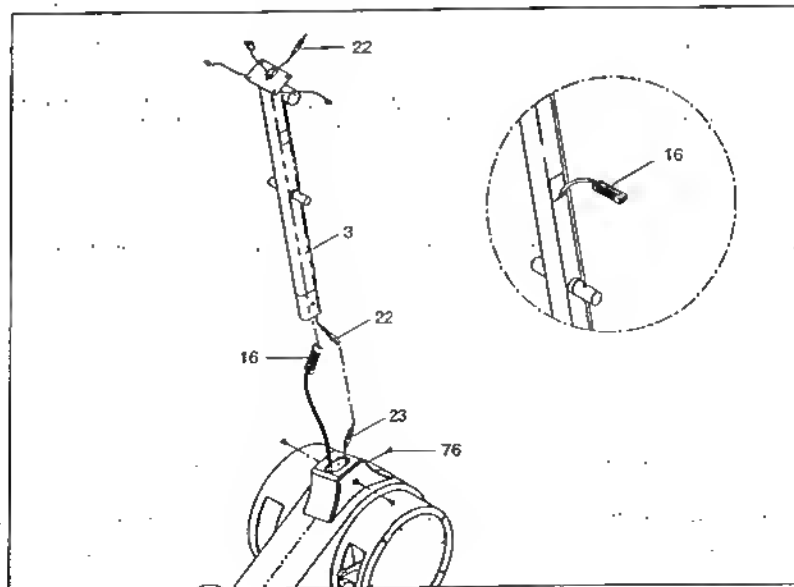
Connect the Crank (72) with Allen Key Bolt (66) and Allen Key Bolt (67) onto the pedal foot.

ASSEMBLY INSTRUCTION



STEP 3

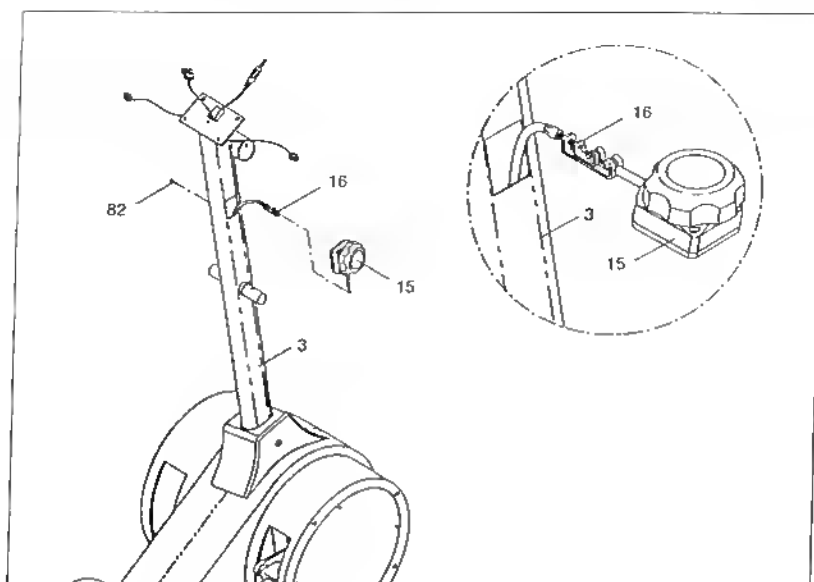
Insert the 490 Acrylic Plastic Sheet (L) (27) & Insert the 490 Acrylic Plastic Sheet (R) (28) into the Round of Plastic Cover (26), using Mushroom Self Bolt (84).



STEP4

Through the Sensor Wire for Tension Controller (16) from computer post (3) out .
Connect the computer Cable Wire (22) with the Sensor (23) then insert the Plastic Cover (29).

ASSEMBLY INSTRUCTION

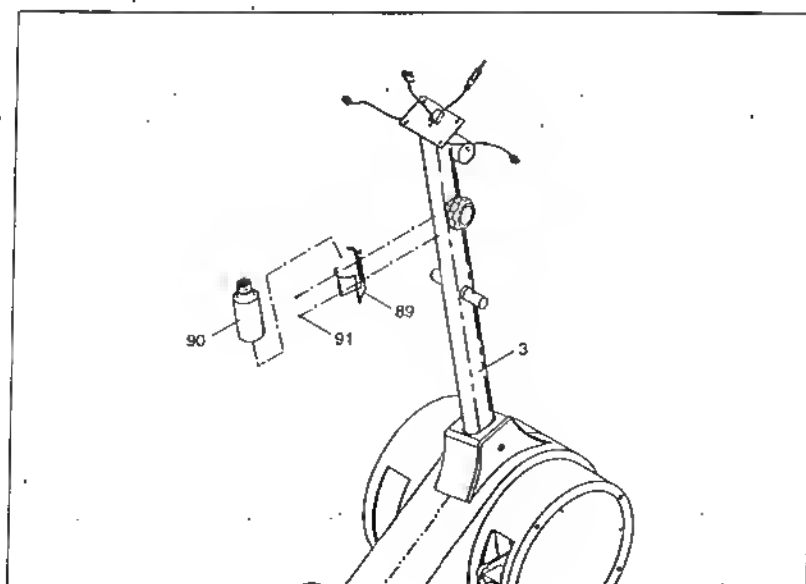


STEP 5

Turn the Tension Controller (15) to level 8.

Connect the Tension Controller (15) and the Sensor Wire for Tension Controller (16) as drawing marked. Then insert the superfluous cable wire to the computer post (3) hole.

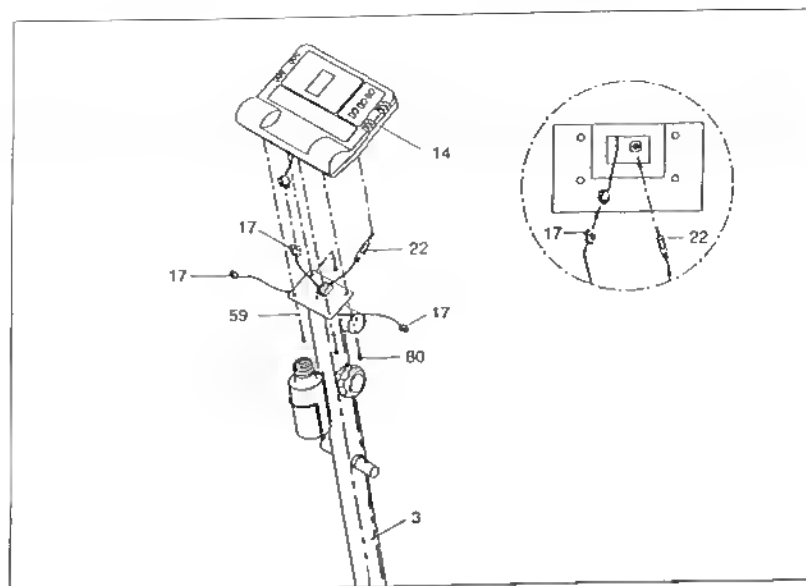
NOTE : Please turn Tension Controller (15) to level 8 before you connect the Tension Controller (15) and the Sensor Wire for Tension Controller (16)



STEP 6

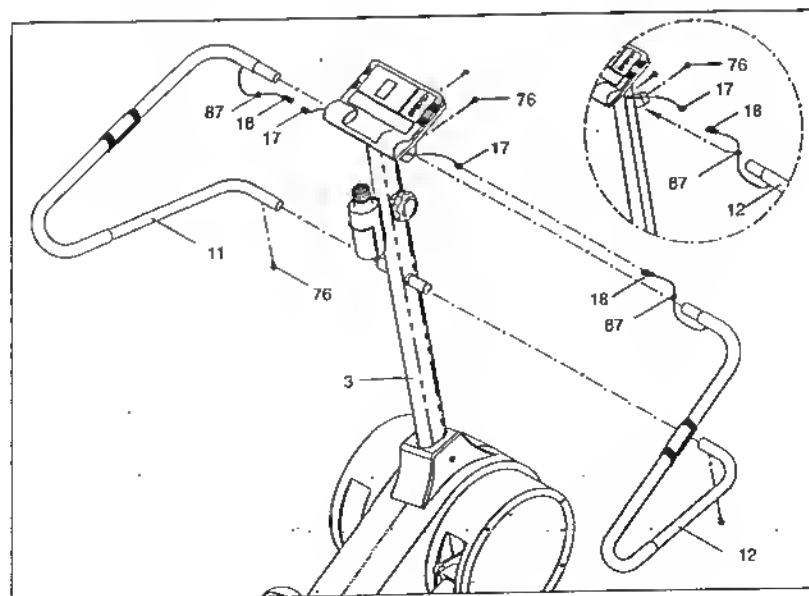
Attach the Bottle Holder (89) onto Computer Post (3), using Mushroom Bolt (91), then put the Plastic Bottle (90) on.

ASSEMBLY INSTRUCTION



STEP 7

Connect the Computer Cable Wire (22) and Pulse Sensor Wire (upper)(17) from the Computer Post (3) to the Computer (14). Then attach the Computer (14) onto the computer post (3) with the Spring Washer (59) and Half-Round Bolt (80).



STEP 8

Connect the Pulse Sensor Wire (upper)(17) and the Pulse Sensor Wire (Lower) (18) from computer post (3) to the Right Handlebar (12). Then insert the superfluous cable wire to the computer post (3) hole. As drawing marked.

Attach Handle Bar to Computer Post. Using Allen Key Bolt (76).

Operating Instructions

ET4000

To Operate

"Quick Start"

1. Stand on unit, hold rails, and begin pedaling.
The console will display.

- A. Strides per Minute
- B. Elapsed Time
- C. Total strides taken
- D. Pulse Rate

NOTE : TO DISPLAY PULSE RATE, HOLD SENSORS ON HANDRAILS.

To Operate

"Program Features"

1. Use MODE button to toggle to desired pre-program feature.
(TIME, TOTAL STRIDES, CALORIES, or PULSE RATE)
2. Once desired PRE-PROGRAM feature is displayed, use the SET button to cycle to desired value.
3. Repeat above step for each program profile desired.
(TIME, TOTAL STRIDES, CALORIES, or PULSE RATE). Begin Exercise.
To adjust resistance levels 1-8 turn Adjustment Knob on side of Up-Right.

NOTE : ONCE YOU HAVE SET THE MAX. PULSE RATE DESIRED, HOLD THE SENSORS ON THE HANDRAILS. THE MONITOR WILL SOUND WHEN PULSE RATE EXCEEDS DESIRED VALUE.

Important Safety Information

WARMING :

Before starting any exercise program, it is recommended that you consult your physician. Before using your new Elliptical Exercise Trainer, please review this manual to learn about the unit's features, functions, and safe operation.

SAFETY TIPS and PRECAUTIONS :

1. It is the owner's responsibility to ensure that all users of this equipment are thoroughly informed of all warnings and precautions. Use this recumbent bike only for its intended use as described in this manual.
2. The Elliptical Exercise Trainer should be used on a level surface.
3. Never leave children unsupervised near this Elliptical Exercise Trainer.
4. Your Elliptical Exercise Trainer is designed for indoor use only.
5. Never use your Elliptical Exercise Trainer around water or while you are wet. Using the unit around a pool, hot tub, or sauna will void the warranty and is potentially hazardous.
6. Appropriate clothing should be worn while using the Elliptical Exercise Trainer. Never wear loose clothing that could be caught in moving parts. It is recommended that athletic support clothing be worn for both men and women. Athletic shoes should always be worn. Do not use the Elliptical Exercise Trainer with bare feet, wearing sandals, or wearing socks or stockings.
7. No more than one person should ever operate the Elliptical Exercise Trainer at one time.
8. Always examine your Elliptical Exercise Trainer before using to ensure all parts are in good working order.
9. To avoid any possibility of being struck by or caught between moving parts, by-standers should not be within reach of the Elliptical Exercise Trainer while it is in motion.
10. Pets should not be allowed on or near your Elliptical Exercise Trainer.

ELLIPTICAL TRAINER

ET4000

Model NO.

QUESTIONS?

- If you need assistance about operating your
ELLIPTICAL ET 4000
- If a part is missing.

If parts become worn or need to be replaced, call:

1-888-340-0482

Monday - Friday

8:30 - 5:30 Central Time

When requesting service please have the following information available ;

- The NAME:
- The MODEL
- The PART NUMBER
- The DESCRIPTION



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Dallas, Texas 75355